



Weekly Information & Communication



March 14, 2016

Infant Fruits and Vegetables

Recently it was discovered that some stores were provided a card by Gerber which is not correct. The card shows various twin packs of Gerber infant fruits and vegetables. It separates the single main ingredient ones from the mixture ones. Montana WIC allows the mixed infant fruits and vegetables as long as they do not contain unallowed items (cereals, sugars, etc). Please inform your stores about the error of this card.

Fruit and Vegetable Swap Reminder

The new food rules allow participants to swap their fruit and vegetable benefits. This choice only applies to infants 9 to 11 months of age, and Food Package III Women and Children.

The allowed exchanges are as follows:

- Infants 9 to 11 months old, who are **partially Breastfed or Fully Formula** fed, may exchange 64 oz of jarred fruit and vegetable for a \$4 infant fresh fruit and vegetable benefit.
- Infants 9 to 11 months old, who are **Fully Breastfeeding**, may exchange 128 oz of jarred fruit and vegetable for an \$8 infant fresh fruit and vegetable benefit.
- **Package III women** may exchange the \$10 fresh or frozen fruit and vegetable benefit for 160 oz of jarred infant fruit and vegetables.
- **Food Package III children** may exchange the \$8 fresh or frozen fruit and vegetable benefit for 128oz of jarred infant fruit and vegetables.

Breastfeeding Resources

Kittie Franz has announced that Geddes Production has linked their films to Universities through Kanopy. Anyone can access the films through their college library system if the system has Kanopy. There is no charge. Several colleges/universities in Montana are listed. You will need to set up an [account](#).

[Geddes Production](#) is also offering a 50% discount on all sales across the board. Code for the discount is **sales2016**. There are materials offered that have CEU credits available

WIC Nutrition Risk Notebook

Copies of the WIC Nutrition Risk materials provided by USDA were made and packaged in a notebook. Each nutrition risk code is defined, indicates which categories may be assigned the code and the supporting documentation for the code. Any additions, revisions or deletions will be provided to keep the notebooks up to date.

Bring Breast Model to the WIC Spring Meeting

Please bring your breast model to the WIC Spring Meeting. They will be used on Monday in the Breast Pump Demo/Discussion. If you have more than one breast model, please bring them for all of your staff to use. If you do not have a breast model, please contact Chris at cfogelman@mt.gov or 1-800-433-4298.

Part Time RD Position at Lewis and Clark County

See information for a [RD position](#) at Lewis and Clark County

Montana Association of WIC Agencies (MAWA) Announcements

MAWA will be holding a General Meeting during the Spring Conference at Fairmont Hot Springs and has some announcements to share. Information on paying dues, a mini-grant opportunity, and a call for WIC Outstanding Employee nominations is available [here](#). Questions related to MAWA can be sent to [Gayle](#).

Reports Available:

[Benefits Issued & Redeemed Jan 2016](#), [Participation Report Jan 2016](#), [Breastfeeding Peer Counselor Report Jan 2016](#)

Infant Measuring Board Available

Fergus WIC program has an extra infant length measuring board (recumbent measuring board). If your clinic could use an infant recumbent board please email Shirley at the Fergus WIC program sernst@hrdc6.org so she can bring the board to the Spring Conference at Fairmont.

Weekly Risk Code Highlight

[Risk Code 601](#), Breastfeeding Mother of Infant at Nutrition Risk is defined as a breastfeeding woman whose breastfed infant has been determined to be at nutritional risk. An example of when this code could be used is when a breastfeeding woman is a priority IV and the infant is a priority I. This code could be assigned for the breastfeeding woman to bring her up to a priority I.

Custer County Outreach

Custer County/DEAP has a large rural population, which can be an obstacle in targeting potentially eligible's. Local WIC staff have distributed outreach materials at the Wal-Mart break room, at local community meetings, the community college, pregnancy outreach clinics, day cares, the local movie theatre, DEAP board meetings, Miles City Economic Leadership Classes, low income housing, OB clinics, Pediatrician clinics, and the local Food Bank, (to name a few☺). Due to long distances and rural communities, outreach can be challenging in Montana, however, Custer/Miles City has done a great job of finding a variety of settings to reach potentially eligible participants.

This institution is an equal opportunity provider.

Help us keep the distribution list updated - send e-mail address changes, additions and deletions to the WIC State Office at 1-800-433-4298.

